

APRIL 2022

THE SOURCE

COUNCIL ON AGING



Live Well. Age Well.

1830 S Broadway
Leavenworth, KS 66048

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Transportation: 913.684.0778

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Our Programs

Attendant Support
Chore Assistance
Errand & Shopping Support
Information & Assistance
Legal Service
Leisure & Learning Program
Nutrition Program
Pets & Loving Seniors Program (PALS)
Pet-2-Vet Program
Senior Health Insurance Counseling
Social Services
Support Groups
Telephone & Visiting Support
Senior Express Transportation

Indoor Senior Picnic Celebration

FRIDAY, MAY 13, 2022

9:00AM

For ages 50+

EAGLES

300 S. 20th Street
Leavenworth, KS



AGE MY WAY: MAY 2022

Entertainment:

MOTOWN MUSIC BY BILL ROBINSON

Timeless Soul & Classics

Activities:

Bingo ♦ Door Prizes ♦ Chances to win 50/50 Split the Pot

Lunch:

sloppy joe, two sides, dessert, and drink

Tickets: \$5

Tickets may be purchased at the Council on Aging, Monday through Friday, 7:00am - 4:00pm. Tickets may also be purchased at the door.

For more information, call Scarlet Ross at 913.684.0786.

Transportation:

Transportation available: \$2.50 round trip. Reservations start on April 29th by calling 913.684.0778 or 913.684.0808.



Did you know.....

When **Older Americans Month** was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

- U.S. Department of Health and Human Services, Administration for Community Living 01/2022

PUBLIC MEETING

April 13, 2022

1:30pm

Council on Aging

1830 S. Broadway

Public Meetings are a great opportunity to learn about programs and/or give feedback regarding senior services in Leavenworth County.

Council on Aging staff will present on the following programs and services:

- ⇒ In-Home Support
- ⇒ Nutrition Program
- ⇒ Transportation
- ⇒ Leisure & Learning
- ⇒ SHICK, Advocacy, Senior Care Act, & available support groups
- ⇒ Legal services & Health series
- ⇒ Telephone & Visiting services
- ⇒ PALS & Pet2Vet programs

Anyone requiring accommodations (i.e. qualified interpreter, large print reader, and hearing assistance) in order to attend this meeting, is requested to notify the *Council on Aging* at 913.684.0777 no later than 48 hours prior to the hearing.

We look forward to seeing you!

Operation Red File

Operation Red File is designed to help seniors keep their critical health information accessible if needed in an emergency. Information for the Red File should be reviewed and updated approximately every six months.

Operation Red File consists of the following items:

- A form with basic identification and medical information as well as emergency contacts who need to be notified.
- Leavenworth *County Aging* Resource List of useful phone numbers.
- National Council on Aging Medication List of current medications a person is taking.
- Information on how Senior Health Insurance Counselors of Kansas (SHICK) can assist seniors with Medicare issues/questions.



Operation Red Files for Leavenworth County are available at the Leavenworth County *Council on Aging*.

NUTRITION CORNER

Dairy

Consuming dairy products provides health benefits — especially building and maintaining strong bones. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein. Dairy products are the main source of calcium in American diets.

About 90% of Americans do not get enough dairy.

Most individuals would benefit by increasing intake of fat-free or low-fat dairy, whether from milk (including lactose-free milk), yogurt, and cheese, or from fortified soy milk or yogurt. The amount of dairy you need depends on your age, sex, height, weight, and level of physical activity.

For individuals who choose dairy alternatives, fortified soy milk and yogurt - which have calcium, vitamin A, and vitamin D added - are included as part of the Dairy Group because their nutrition content is similar to dairy milk and yogurt.

Other products sold as “milks” but made from plants (e.g., almond, rice, coconut, oat, and hemp “milks”) may contain calcium, but they are not included as part of the Dairy Group because their nutrition content is not similar to dairy milk and fortified soy milk.

Men & Women 19 years & older are recommended to have 3 cups of dairy daily.

Amount That Counts as 1 Cup in the Dairy Group



Milk	1 cup milk
	1 cup calcium-fortified soy milk
	1/2 cup evaporated milk
Yogurt	1 cup yogurt (dairy or fortified soy)
Cheese	1 1/2 ounces hard cheese (cheddar, mozzarella, swiss)
	2 cups cottage cheese
	1/2 cup shredded cheese



FOR MORE INFORMATION GO TO: [DAIRY | MYPLATE](https://www.dairy.gov/myplate)

Source: U.S. Department of Agriculture, My Plate, n.d.

What Older Adults Think About Work During the Pandemic

AARP survey finds retirement and remote work shaped big decisions.

by Kenneth Terrell, AARP, February 9, 2022



In what has come to be called the Great Resignation, many workers are switching jobs to find a more suitable position, while businesses are scrambling to hire – and hang on to – employees. At the same time, the COVID-19 pandemic continues to cause businesses and families to make daily decisions about the best practices to protect their health.

All this uncertainty means some people 50 and older must make choices about their health, career or retirement without a clear picture of how things might look in a year or two. To get a sense of how older adults have managed their jobs and careers during the past two years, AARP Research conducted a survey of 3,685 people 50 and older in late December 2021. The results suggest that while the pandemic has had a broad impact, proximity to planned retirement age may have played a bigger role in older adults' decision-making.

Here are three key takeaways from the survey:

1. Many older adults have stopped working.

Much of the conversation about jobs right now focuses on people quitting one job to find a new job that pays more or is a better fit. But for older adults, the discussion appears to be much different. Many are choosing not to work, whether they are retiring, waiting until things get better with the pandemic or taking time off for some other reason. According to the survey, 51 percent of respondents said they were currently not working, and most of this group (87 percent) said it has been two years or more since they last held a job.

2. Being close to retirement played a big role in decisions.

Among the people surveyed who had left the workforce, 32 percent said they made the choice because they were close to retirement age. Overall, many of these adults who stopped working – 61 percent – said they would have quit or retired when they did even if the pandemic had not happened.

There were, however, big differences in how people of different racial backgrounds answered this question. Only 55 percent of Hispanic respondents said they would have retired even without the pandemic, while 68 percent of Black respondents said the same. Among white respondents, 62 percent said the pandemic did not affect their decision on when to retire.

3. Work-life balance is tricky when you work from home.

Only 28 percent of the people surveyed said their job let them work all or some of their hours remotely before the pandemic. That number jumped to 53 percent being able to work from home during the pandemic.

While people 50 and older generally find the possibility of remote work appealing, they recognize there are some challenges that come along with it. Work-life balance appears to be the biggest concern, with 36 percent of remote workers surveyed saying that it was either somewhat or very difficult to really end work each day, since work and home life are happening in the same place.

Missing out on the social experience of being in an office was another downside remote workers pointed out. Among those surveyed, 33 percent said that being isolated from coworkers was either somewhat or very difficult.

Despite these challenges, 77 percent of those who have been able to work from home during the pandemic would prefer to continue to do so, according to the survey.

Source: AARP.org

LET'S TALK ABOUT IT

The *Council on Aging* is excited to partner with local professionals to answer your questions! Send us questions related to health and wellness, COA programs and services, or county resources. We will talk with the experts and share our findings here.

You can submit questions three ways:

Email - seniors1st@leavenworthcounty.gov

Drop box - Located in the COA's reception area.

Call - Jessica at 913.684.0733

Disclaimer: The content and information on this site is for informational and educational purposes only, does not constitute medical advice, and does not establish any kind of patient-client relationship by your use of this site.

PUBLIC HEALTH WEEK April 4-10, 2022

PUBLIC HEALTH IS WHERE YOU ARE

2022 Daily Themes

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

Click on each theme to learn more.

Monday: [Racism: A public Health Crisis](#)

Tuesday: [Public Health Workforce: Essential to our Future](#)

Wednesday: [Community: Collaboration and Resilience](#)

Thursday: [World Health Day: Health is a Human Right](#)

Friday: [Accessibility: Closing the Health Equity Gap](#)

Saturday: [Climate Change: Taking Action for Equity](#)

Sunday: [Mental Wellness: Redefining the Meaning of Health](#)

Source: American Public Health Association

April Recipe Greek Yogurt Pancakes

Servings: 2

Prep Time: 5 min.

Cooking Time: 10 min.

INGREDIENTS:

4 large eggs
1 c. whole milk plain Greek yogurt
1 T. vanilla extract
2 T. sugar
6 T. flour
1/2 tsp. baking soda

INSTRUCTIONS:

In a large bowl, whisk together eggs, yogurt, vanilla extract and sugar. Add the flour and baking soda, whisk until smooth. Heat a large nonstick skillet over medium-low heat. Spray with nonstick cooking spray. Drop 1/4c. batter onto skillet, cook until bottoms are golden brown, 2-3 minutes. Carefully flip the pancakes, cooking until golden and set. Repeat with remaining batter.



DID YOU KNOW?

April comes from the Latin word *aperio*, meaning "to open or bud."

- April 1 is All Fools' Day—otherwise known as "April Fools' Day."
- April 17 is Easter Sunday.
- April 22 is Earth Day.
- April 29 is National Arbor Day.

APRIL QUIZ

Which event did *not* happen in April?

- A. "Shot heard 'round the world"/Battles of Lexington and Concord
- B. Mutiny on the HMS Bounty
- C. First transcontinental railroad completed at Promontory Summit in Utah Territory
- D. Harrowing flight of Apollo 13

Answer to quiz is on the next page!

Source: Almanac.com, 03/2022



To be added to our email distribution list,
please contact us @
seniors1st@leavenworthcounty.gov



For our full events and activities
calendar, visit our homepage @
[Council on Aging](http://CouncilonAging(leavenworthcounty.gov))
(leavenworthcounty.gov)

MEALS ON WHEELS

Volunteers Are Needed

- Do you have 1 1/2 hours during the week? (late morning)
- Do you like meeting new people?
- Do you want to help those in our community?
- Do you drive?



If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the *Council on Aging* by calling 913.684.0786 or email sross@leavenworthcounty.gov

All Meals on Wheels volunteers must be able to pass a criminal background check.

AGING RESOURCES

- Adult Protective Services.....1.800.922.5330
- Emergency Respite:
Country Care.....913.773.5517
Medicalodge.....913.772.1844
- Guidance Center.....913.682.5118
- Kansas Aging and Disability Resource Center
.....855.200.2372
- Leavenworth County Health Department
.....913.250.2000
- Medicare1.800.633.4227
- Poison Control Center.....1.800.222.1222
- Property Fraud Alert Hotline..1.800.728.3858
- Social Security Office1.800.772.1213
- Wyandotte/Leavenworth Area Agency on
Aging.....913.573.8531

SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. Handicap Accessible.

A fee is required per trip per person.

- ♦ \$2.50 per one-way trip within the County, including drive-thru business trips.
- ♦ \$10.00 per one-way trip to the Parallel Corridor, including Providence Medical Center and the Legends-area medical plazas.*
- ♦ \$15.00 per one-way, out-of-county medical trips within a 50-mile radius of Leavenworth.*

Rides are one person per vehicle (unless you require an attendant), and masks will be required for all Senior Express Transportation trips.

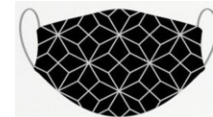
For current service status and to schedule your trip, call 913.684.0778.

Office Hours: Monday-Friday 7:00 am - 4:00 pm
Service Hours: Monday-Friday 8:00 am - 3:00 pm
Closed on weekends and most Federal holidays.

* \$100.00 per week maximum per client

MASKS OPTIONAL

Masks are optional, but recommended, when participating in COA programs and services.



ANSWER TO QUIZ: C, on May 10, 1869. (A. April 19, 1775; B. April 28, 1789; D. April 11-17, 1970)

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:
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